Group Exercise and SilverSneakers® **December 2015**

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.	Turf Time for Toddlers SilverSneakers® Classic* Pickleball		SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	Cardio X-Train
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		ZUMBA® Gold
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.			Joyful Hoops	20/20/20 Pilates			
6 p.m.		Yoga	Yoga				
6:30 p.m.	Adult Drop- in Volleyball	ZUMBA®	Kickboxing	Beginning Yoga Shred 60	ZUMBA® Cardio Core		
7:30 p.m.			Core Essentials		Healthy Back		

^{*}If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

Mondays and Thursdays, January 4-February 11 5:30-6:30 p.m. • \$50 • Register by 1/10. For all ages. Registration opens 12/7.

This class focuses on coordination. discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®. the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Group Exercise winter session II trial week

Try any class for free January 4-9.

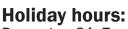
This winter session runs through February 14.



Hours:

Mon.-Fri.: 5 a.m.-10 p.m. Sat.-Sun:. 7 a.m.-10 p.m.

December 24: 7 a.m.-1 p.m. December 25: Closed December 31: 7 a.m.-1 p.m.





Twin Lakes Recreation Center

bloomington.in.gov/TLRC



Free, Ongoing Programs for Adults (ages 50 yrs. and up) December 2015

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m. It is closed Saturday and Sunday except for reservations and scheduled activities When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

ADDITIONAL ACTIVITIES

Legal Counseling

December 7 • 3 p.m. by Atty. Tom Bunger Call 812-349-3720 to register.

Pickleball

M, W, F • 9:30 a.m.-1 p.m. • Court 4

TLRC or SilverSneakers® membership or purchase of a daily admission pass is required to participate.

Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Schwartz at 812-349-3770 or schwartm@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required. Includes:**

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
 - -Skinfold analysis: \$25
 - -Bioimpedance analysis: \$5

By appointment only • For all ages.



Hours:

Mon.-Fri.: 5 a.m.-10 p.m. Sat.-Sun:. 7 a.m.-10 p.m.

Holiday hours:

December 24: 7 a.m.-1 p.m.

December 25: Closed

December 31: 7 a.m.-1 p.m.



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